

TABLE 96.—*Differentiation between fibrositis and "psychogenic rheumatism"*

Generalities	Fibrositis, primary type	"Psychogenic rheumatism"
General attitude	Cooperative, earnest, "objective."	Tense, anxious, "subjective," defensive, antagonistic.
Chief complaint	"Joints hurt and feel stiff"	"Can't quite describe it, doctor. It's like * * *."
Chief symptoms	Aching, soreness, stiffness, fatigue.	Burning, tightness, weakness, numbness, tingling, queer or tired sensations.
Time of day when symptoms are worse.	Morning and/or late afternoon.	Inconstant—often continuous day and night.
Aggravation or amelioration dependent on:	External or physical environment.	Internal or mental environment.
Effect of mental preoccupation (theater, movie, bridge, etc.).	No definite relief, symptoms intrude.	Often marked relief but perhaps "pays for it afterwards."
Symptom analysis:		
1. Pain:		
Amount	+ to + +	+ to + + +
Constancy	Varies in intensity during day; worse in morning, better at noon, often worse again later in day.	Tendency to be constant, "bad all the time."
Duration	Hours or days, remissions, exacerbations.	Momentary or constant, "no different," getting worse.
Location	Anatomical	Often not anatomical.
Migration	May not migrate; if so, migrates in anatomical fashion.	Bizarre, hemalgia, etc.; may follow no anatomic pattern.
2. Stiffness	Worse after much rest (jelling); more marked in early morning; better after mild exercise.	Minimal or not present; jelling not characteristic.
3. Fatigue	A.M. on waking: 0 to +; P.M. +; "disability causes fatigue."	Early A.M. + to + + +; may be constant; "fatigue causes disability."

Generalities	Fibrositis, primary type	"Psychogenic rheumatism"
Effect of rest.....	After prolonged rest— worse (jelling).	Improvement or no effect.
Effect of exercise.....	Better "limbers up".....	Worse during and after.
Effect of applied heat.....	Temporary relief—hours....	Variable—often worse.
Effect of weather.....	Worse when cold and damp; "weather prophet."	Variable.
Effect of therapy:		
In general.....	Temporary relief.....	"Nothing helps me, doctor."
Patient's attitude.....	Admits relief.....	Defies finding a cure.
Aspirin.....	Temporary relief—hours....	Usually no relief (aspirin futility), or "never tried it" (aspirin inutility).
Physical therapy.....	Temporary relief.....	Variable—often worse.
Response to examination.....	Cooperative; tenderness; consistent.	Fearful, resistant; "touch me not" reaction.
"Extras" (associated functional complaints).	0 to +.....	+ to + + + +; bizarre limps and postures; head- aches; globus hystericus; sighing respirations; precordial pains; insomnia; nervousness; tremor; etc.

Source: Hench, P. S., and Boland, E. W.: The Management of Chronic Arthritis and Other Rheumatic Diseases Among Soldiers of the United States Army. Ann. Int. Med. 24: 817-818, May 1946.

²³ Hench, P. S., and Boland, E. W.: Management of Chronic Arthritis and Other Rheumatic Diseases Among Soldiers of the United States Army. *Ann. Rheumat. Dis.* 5: 106–114, June 1946.